

# **DEWITT FITNESS CENTER**

## **January 2021**

<b><u>Monday</u></b>	
*Body Pump	5:05 AM
Senior Stretching	7:30 AM
Boomer Cardio (:45 / ONLINE) Get code on website	8:00 AM
Water exercise	8:30 AM
Core HIIT+ (:45)	8:30 AM
Water exercise	5:15 PM
Step Aerobics	5:30 PM
<b><u>Wednesday</u></b>	
*Body Pump	5:05 AM
Boomer Cardio (:45 / ONLINE) Get code on website	8:00 AM
Cycling / Core	8:30 AM
Water exercise	8:30 AM
Water exercise	5:15 PM
Step Aerobics	5:30 PM
Yoga	5:30 PM
<b><u>Friday</u></b>	
Cycling / Core (:45)	5:15 AM
Senior Stretching	7:30 AM
Boomer Bootcamp (:45 / ONLINE) Get code on website	8:00 AM
Boot Camp (:45)	8:30 AM
Water exercise	8:30 AM

<b><u>Tuesday</u></b>	
Senior Fitness	7:30 AM
Boomer Bootcamp (:45 / ONLINE) Get code on website	8:00 AM
*Body Pump	8:30 AM
Water exercise	8:30 AM
Cycling / Core	11:45 AM
*Body Pump	5:30 PM
Taekwondo	7:00 PM
<b><u>Thursday</u></b>	
Senior Fitness	7:30 AM
Boomer Pump (:45 / ONLINE) Get code on website	8:00 AM
*Body Pump	8:30 AM
Water exercise	8:30 AM
*Body Pump	5:30 PM
Taekwondo	7:00 PM
<b><u>Saturday</u></b>	
Saturday Jump Start	7:00 AM
*Body Pump	7:05 AM

**All classes in January will be :45.**

**+ High Intensity Interval Training**

**\*Please call to reserve a spot (563) 659-5127**

**Please note:**

**DFC hours in January:**

**Monday – Thursday 5 AM – 9 PM**

**Friday 5 AM – 7 PM**

**Saturday 7 AM – 5 PM**

**Sunday 11 AM – 5 PM**

**Please arrive early, wipe down equipment before and after each use.**

**Please practice social distance.**

**Do not attend if you have a temperature or feel ill.**

**Practice good hygiene. Work hard. Have fun!**

